



KINGSGROVE COMMUNITY  
AID CENTRE INC.

*Serving the  
Community  
for 50 Years.*

**ISSUE 37**



**KCAC VISION**

“A sustainable society  
that is welcoming,  
harmonious &  
inclusive and where  
people are healthy &  
feel happy & safe”

KINGSGROVE  
COMMUNITY AID CENTRE  
ACKNOWLEDGES THE  
SUPPORT OF GEORGES  
RIVER COUNCIL FOR THE  
VENUE AT 30 MORGAN ST  
KINGSGROVE.



**IN THE COMMUNITY  
FOR THE COMMUNITY  
WITH THE COMMUNITY**

**AUTUMN NEWSLETTER  
MARCH - MAY 2021**

**A MESSAGE FROM THE CEO**

*Dear Valued consumers,*

*What an action packed time we have had at KCAC during this period.*

*I wish to express my sincere appreciation to Ms Linda Burney, Federal Member for Barton for her assistance and support throughout the year with some grant assistance to the Federal Government through the Stronger Communities grants and the Community Building Partnerships grants. These grants will help us in the much-needed fence project we aim to install at the back of our Community Centre.*

*Linda was our special guest speaker at our International Women's Day celebrations, providing us with an inspirational speech.*

*Thanks also goes to Ms Thi Tran from the Department of Communities and Justice, who also attended the event and provided us with an insight into her own experience as a woman from a CALD community.*

*As we are heading towards a lessening of the covid restrictions, we are mobilising our energies to going back to normal in all our programs and activities.*

*At this stage I wish to take this opportunity to thank all the KCAC staff for their hard work and dedication to their client groups, and for ensuring that we continue reaching out to the most vulnerable in these trying times.*

**Anne Farah-Hill,**  
OAM, CEO of KCAC

**KINGSGROVE COMMUNITY AID  
CENTRE INC.  
30 MORGAN ST KINGSGROVE  
PH: 91507823  
WWW.KCAC.ORG.AU**



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UP & COMING EVENTS & DATES

June	July	August
7th: MUSTER Community Engagement Event - Walkabout Reptiles	9th: NAIDOC WEEK BBQ in the park	18th: Kris's Feathered Friends
11th: Info Session - Speech Development in Children	22nd: Stepping On Program Starts	TBA: Italian Food Festival
11th: Info Session - Falls	28th: Christmas in July with KCAC Disability Group	

**Letter written to Mr Mark Coure Member for Oatley, by our disability group participant, Denise.**

Dear Mark

I am writing this letter to express my sincere gratitude for the outstanding services provided to the disabled participants at Kingsgrove Community Aid Centre. My name is Denise and due to my disability, I am wheelchair bound. Recently I became aware of the community centre and decided to make a visit. I was surprised to find that all staff members are warm and welcoming, dedicating their full commitment to all the participants.

I was greeted by friendly Miss Nelson who introduced me to the wonderful ladies that work at the centre. Starting from Georgia, the recreational officer who informed me about the sessions held at the centre which include a large range of interesting group activities. Ramona with her friendly personality introduced me to the disability group making me feel comfortable in the centre's surroundings. And Rem an eager learning university student worked along with me in the session helping me accomplish desired outcomes.

I must say that the way the centres CEO Anne Farah-Hill conducts the centre is brilliant and praiseworthy. She is an exceptional person who is dedicated to the centre and its people. The special thing about her is that she likes to interact with participants ensuring that everyone is happy and well cared for and has successfully created a very pleasant environment. I was delighted with the staffs impeccable services making me feel as part of a family and I decided to become a participant myself. Rose, the disability services and project officer was well organised and most helpful. She sat with me explaining the contract in detail and together we filled out the forms.

Ever since I became a participant at Kingsgrove Community Aid Centre, I discovered that it was good for both my mental and physical health and helped me meet new people increasing my independence and avoiding me falling into depression. I enjoy participating in the social and recreational activities provided by the highly experienced staff, as not only do they make me feel included in the community but support me to develop the skills and abilities necessary for me to engage with the community.

Participating in my local community is one of the most rewarding and beneficial things I have done for myself. I have been given the opportunity to join the board of Kingsgrove Community Aid Centre which will allow me to advocate for the needs of people with disabilities in my local area.

I would like to thank you deeply for your support of Kingsgrove Community Aid Centre and enhancing its successful running, making it possible for people like me with a disability achieve goals and live a more fulfilling life.

**COVID-19 symptoms**

**Practise good hygiene**

**Practise social distancing**

**Stay home if you can**

# INTERNATIONAL WOMEN'S DAY HIGH TEA 2021

On Wednesday the 10th of March, KCAC celebrated International Women's Day with a high tea at the Centre while observing covid safe practices. This year we had to limit the number of attendees and had staff serving the food instead of our usual buffet, but it was still an extravaganza of culinary delights for all to enjoy. Our special guest speakers this year were **Ms Linda Burney MP, Federal Member for Barton, Ms Thi Tran from the Department of Communities and Justice** as well as some of our clients, Ms Katie Lose and Mrs Juliette Khoury. They all shared their stories and experiences and spoke of the important role of women in society and about the women who inspired and empowered them. The entertainment was provided by a local musician and artist Ms Lisa Budin and the clients enjoyed dancing to the music. We had some fantastic feedback from many attendees. Thank you to all those who volunteered their time and donated food for the event and a big thanks to all the staff who worked on this project.



# INFORMATION SESSION - CENTRELINK SERVICES

Centrelink information sessions were held on the 12th, 15th, 21st and 27th April 2021. These sessions were provided through the KCAC MUSTER program. The aim of the information sessions was to help the local community understand the services available to them through Centrelink and how to access those services.



# NURTURING THE FUTURE GENERATION OF SOCIAL WORKERS

**A Huge Thank You!**

*Ann Farrah Hill*

All of us from the School of Allied Health, Social Work would like to acknowledge your commitment to nurturing our social work students in developing their skills, knowledge and understanding.

"When you give a gift to a social work student, the gift multiplies."

*Sera Harris*

Sera Harris  
National Professional Practice  
Lead of Social Work

*Suzanne Hodgkin*

Suzanne Hodgkin  
Professor and Head of Social Work

June 2021

ACU recognises and pays respect to Aboriginal and Torres Strait Islander Peoples, their ancestors, the elders past, present and future from the different First Nations across this country. I acknowledge the importance of connection to land, culture, spirituality, ancestry, family and community for the wellbeing of all Aboriginal and Torres Strait Islander children and their families.



Our CEO Anne Farah-Hill received this certificate of appreciation from the Australian Catholic University, School of Allied Health Social Work, acknowledging the support that she and the staff at KCAC give to the students that complete their placements with us at KCAC.

Below are 2 of the students that are currently working with KCAC having a Bollywood dance with the disability participants. They are a pleasure to have at the centre and we hope our clients enjoy having the future generation of social workers there to engage with.



# DISABILITY GROUP - ANZAC DAY, MOTHERS DAY, MUSIC DAY



The KCAC Recreational Disability group did some colourful art and craft for Anzac Day where they created poppy's out of paper. For Mother's Day the participants did rock paintings for their mums and on the following week they made some musical instruments while others played music for the group.

Each week KCAC has a different activity planned and the smiles on their faces say it program so successful.

This group meets every Wednesday at 30 Morgan St Kingsgrove, if you or someone you know would benefit from community participation, give Rose a call on 9150 7823 or email [rose@kcac.org.au](mailto:rose@kcac.org.au).



# MOTHER'S DAY 2021



KCAC celebrated Mother's Day with each of the groups at KCAC. The senior mums were gifted with some yummy chocolates, which put a big smile on all of their faces. We would like to wish every mum a very Happy Mother's Day for this Sunday. Every one of you are amazing and we are grateful to all the wonderful mothers in our community, not just on Mother's Day but every day!!



# MR LIM'S 98TH BIRTHDAY



On Friday May 7, we celebrated the 98th birthday of Mr Lim who attends our Chinese grandparents support group. Happy birthday Mr Lim, we wish you all the best and many more to come!!

## HEALTHY RECIPES TO COOK AT HOME

# Pumpkin & sausage risotto

### INGREDIENTS

Serves: 4

Time to make: 55 mins

- 4 higher-welfare chipolata sausages
- olive oil
- 1 teaspoon fennel seeds
- ½ teaspoon dried red chilli flakes
- ½ a butternut squash
- 2 onions
- 1.2 litres organic veg or chicken stock
- 125 ml Chianti
- 300 g Arborio risotto rice
- 1 radicchio or 2 red chicory
- 300 g cottage cheese
- 15 g Parmesan cheese
- 2 sprigs of fresh thyme



### INSTRUCTIONS

- Finely slice the chipolatas and place in a large high-sided pan on a medium heat with 1 tablespoon of oil, the fennel seeds and chilli flakes.
- Stir and fry while you chop the squash into 1cm dice (leaving the skin on and deseeding), and peel and finely chop the onions.
- Stir the veg into the pan, then cook with a lid ajar for around 20 minutes, or until the squash is starting to break down and caramelize, stirring regularly.
- Simmer the stock in a pan on a low heat.
- Push the squash aside, and pour the Chianti into the pan. Let it cook away, picking up all that goodness from the base of the pan.
- Stir in the rice for 2 minutes, then gradually add the stock, a ladleful at a time, stirring and waiting for each ladleful to be absorbed before adding the next.
- Repeat this, stirring and massaging the starch out of the rice, for 20 minutes, or until the rice is cooked but still holding its shape, and the risotto is oozy.
- Finely slice the radicchio or chicory and stir through the risotto with the cottage cheese, then taste and season to perfection.

Portion up and serve with a fine grating of Parmesan and a sprinkling of picked thyme leaves.

THESE 2 RECIPES ARE BROUGHT TO YOU FROM JAMIE OLIVER'S, SUPER FOOD FAMILY CLASSICS COOK BOOK

## Sugar-free fig and apple tart

Serves: 4 Time to make: 30 mins

### INSTRUCTIONS

### INGREDIENTS

- 300ml almond milk
- 1 teaspoon vanilla extract
- 75 g blanched almonds
- 100 g buckwheat flour
- 100 g rice flour
- 2 level teaspoons baking powder
- 1 ripe banana
- olive oil
- 350 g seasonal berries, such as strawberries, blackberries, raspberries, blueberries
- 1 sprig of fresh rosemary
- maple syrup
- 4 tablespoons Greek yoghurt, optional

Pour the milk into a blender with the vanilla extract, almonds, flours and baking powder. Peel and add the banana, then blitz until smooth.

Place a large non-stick frying pan on a medium heat. Once hot, for each portion of two pancakes add 1 teaspoon of oil to the pan with 3 tablespoons of batter per pancake.

Push some sliced strawberries or whole berries into the batter, then cook for 4 minutes, or until nicely golden on the bottom (the first pancakes are always slightly awkward as you're adjusting your temperature control).

Flip over, apply a little pressure with a fish slice and cook for 2 minutes, or until golden on the other side, then transfer to a plate, fruit side up. Wipe out the pan with a ball of kitchen paper and repeat the process.

Stick the sprig of rosemary into the maple syrup bottle and use it to lightly brush syrup over the hot pancakes. Top each portion with a dollop of yoghurt, if you like, and serve with extra berries on the side.





**KIDS CONNECTING AT HURSTVILLE HOOSH**  
 AN OUT OF SCHOOL HOURS CARE SERVICE  
 OPERATED BY THE KINGSGROVE COMMUNITY AID CENTRE INC.

**KINGSGROVE  
 COMMUNITY AID  
 CENTRE PROVIDES OUT  
 OF SCHOOL HOURS  
 CARE AND VACATION  
 CARE IN THE  
 HURSTVILLE AREA AT:**

**Hurstville Public School,  
 Forest Rd Hurstville**

**OUR CENTRE IS FULLY  
 ACCREDITED AND  
 RECEIVED 'MEETING' IN  
 ALL 7 QUALITY AREAS  
 OF THE NATIONAL  
 QUALITY FRAMEWORK  
 ASSESSMENT & RATING.**

**CALL US TODAY!**

**FOR MORE  
 INFORMATION PLEASE  
 CONTACT US ON  
 9150 7823  
 OR 0418 481 358**

**REMINDERS**

**VACATION CARE  
 ENROLMENT FORMS AND  
 PROGRAMS ARE  
 AVAILABLE ON THE  
 WEBSITE 4 WEEKS PRIOR  
 TO VACATION CARE.  
 PLEASE RETURN YOUR  
 FORM IN ASAP.**

**FEEES NEED TO BE KEPT UP  
 TO DATE.**

**PLEASE CHECK OUR  
 WEBSITE FOR ENROLMENT  
 FORMS AND PROGRAMS.  
 www.kcac.org.au  
 Programs are located in  
 MEDIA tab.**

**HURSTVILLE OUT OF SCHOOL HOURS  
 CARE & VACATION CARE**

**Providing exceptional Out of School Hours Care in line with the National Quality Framework for School Aged Care as outlined in "My Time Our Place". Our programmes deliver key learning areas through the following:**

- Caring and trained staff
- Children's Health, Safety and Wellbeing
- Diverse educational programmes and practices
- Relationships with the children
- over 50 years history of community services to the local community
- Commitment to local issues and quality affordable care
- Relevant and innovative activities.

Dear Parents and Friends,

Our Autumn Vacation care program was lots of fun and full of education and creative activities. We made our school holiday activities extra special for the children by programming 2 COVID Safe excursions to Glow Crazy Party Centre in Carlton where the children could play Xbox, Play Station, arcade games, air hockey, table tennis, Karaoke, disco & lots of fun games. We also took the children to the new Adventure Playground Park in Hurstville and had KFC for lunch. The Incentre days included a mini market day, cooking day, arts and crafts day, cubby house day, scavenger hunt and sports day, construction day and make my bear day. Everyone had lots of fun and the children had the opportunity to develop their social skills, maths skills, team work, gross motor skills and hand eye coordination. We are looking forward to our July school holiday program.

**Katina Papadakis  
 Hurstville OOSH Coordinator**



**Follow us on Instagram and Facebook.**

**Instagram search for:  
 hurstville\_oosh**

**Facebook search for: Kingsgrove  
 Community Aid Centre Inc**





# HURSTVILLE VACATION CARE PROGRAM

ENROLL NOW FOR A FANTASTIC VACATION CARE PROGRAM COMING UP. SEE BELOW SOME OF THE EXCITING ACTIVITIES PLANNED THIS SCHOOL HOLIDAY SEASON IN THE HURSTVILLE AREA!



KINGSGROVE COMMUNITY AID CENTRE INC.

**HURSTVILLE OUT OF SCHOOL HOURS CARE - VACATION CARE**  
 PROGRAMME LOCATION: Hurstville Public school, Forest Rd Hurstville  
 OPENING HOURS: Monday to Friday - 7am to 6pm

ON EXCURSIONS AND IN CENTRE DAYS PLEASE BRING SUN HAT, COMFY SHOES, PACKED LUNCH UNLESS OTHERWISE STATED ON THE PROGRAM.  
**VACATION CARE FEE IS \$50 PER DAY**  
 Excursions & Incursions are an extra cost.

PLEASE CONTACT KATINA on 0418 481 358 OR HEAD OFFICE ON 9150 7823

Please bring morning tea, lunch, water bottle and hat each day. Must wear closed shoes.

WEEK ONE	28 June to 2 July 2021 Winter Magic		WEEK TWO	5 July to 9 July 2021 NAIDOC week	
MON 28 June	<b>IN CENTRE DAY</b> <b>Nature Arts &amp; Craft day</b> Begin the day with a nature walk, followed by natural art using materials collected from the environment, and recycling material. Craft includes leaf monster puppets, pet rocks, scrapbooking followed by planting and gardening.	\$50 Bring lunch	MON 5 July	<b>IN CENTRE DAY</b> <b>NAIDOC Week Aboriginal Art, Craft and Music day</b> Celebrate NAIDOC week with Aboriginal Art and music. Decorate a didgeridoo, paint a boomerang and learn about dream time stories. Followed by sand art and aboriginal themed paintings and drawings.	\$50 Bring lunch
TUE 29 June	<b>INCURSION DAY</b> <b>Corey's Sensational Silliness Circus Show</b> Corey's show is a mix of high energy, physical comedy and circus stunts finishing on top of a giant unicycle. A work shop will be followed after the show that will take the kids through the fundamentals of juggling and balloon sculpturing.	\$65 Bring lunch	TUE 6 July	<b>IN CENTRE DAY</b> <b>TACO Tuesday</b> Learn to make your own Tacos or Nachos for lunch and a delicious coconut slice for afternoon tea. The children will learn team work and basic cooking and food preparation skills	\$55 Lunch provided
WED 30 June	<b>EXCURSION DAY</b> <b>Excursion to Glow Crazy Indoor Party Centre</b> This includes, Xbox, Play Station, arcade games, air hockey, table tennis, Karaoke, disco & party & lots of fun games. Travelling by private bus. Depart 9am return 3pm	\$75 Bring lunch	WED 7 July	<b>IN CENTRE DAY</b> <b>Sports day and scavenger hunt</b> Join us in some fun sport activities including sack race, timed obstacle challenge and a scavenger hunt! Prizes for the winners. Afternoon Activity : Trivia / Quiz challenge.	\$50 Bring Lunch
THU 1 July	<b>IN CENTRE DAY</b> <b>Cooking and camping day</b> Come and join us to learn how to make a delicious hot chocolate and yummy pancakes and popcorn followed by fun games. Afternoon activity includes outdoor games and a Bingo Challenge	\$50 Morning tea is provided Bring lunch	THU 8 July	<b>EXCURSION DAY</b> <b>Excursion to Glow Crazy Indoor Party Centre</b> This includes, Xbox, PlayStation, arcade games, air hockey, table tennis, Karaoke, disco & party. Travelling by private bus. Depart 9am return 3pm	\$75 Bring lunch
FRI 2 July	<b>IN CENTRE DAY</b> <b>Xmas in July</b> Come and join in the fun with a Karaoke Dance Party. Includes Xmas themed afternoon tea, games and prizes.	\$50 Bring lunch	FRI 9 July	<b>INCENTRE DAY</b> <b>PARTY DAY</b> Come and join the Talent show. Best performance wins a prize! We will be having KFC for Lunch. Followed by party games	\$60 Lunch provided
MON 12 July	<b>PUPIL FREE DAY / IN CENTRE DAY</b> <b>Cubby house, electronic games and movie day.</b> Make your own popcorn, bring your own sleeping bag or comfy pillow and blankets and watch your favorite movie with your friend. Please make sure any personal items brought in to the Centre for the program are clearly labelled with your child's name.			\$50 Bring lunch	



Some pictures of the children in action and having the best time at Hurstville Out Of School Hours Care.

**We have places available now, so give us a call to enroll or go to our website and download an enrolment form.**

## INFORMATION SESSION - SENIORS SAFETY



On Friday May 14, KCAC held an information session on Seniors Safety in the community, where Kim and Ray from St George Police Area Command gave a talk about the various scams that have affected many people, and how to avoid being scammed. It was a very relevant and informative session and many eyes were opened to the dangers of phone & online scams.

## FRIDAY PLAYGROUP FUN AT KCAC



Playgroup parents and their children have some wonderful times at the Centre. If you would like to join one of our playgroups, or would like to volunteer at playgroup, call us on 91507823.



## MUSTER PROGRAM - INFORMATION FOR CONSUMERS

### MOVEMENT MATTERS - THE IMPORTANCE OF EXERCISE

Physical activity is just as important as sleep and good nutrition when it comes to your health. Daily movement improves muscle mass, muscle strength, bone health, motor co-ordination, heart health, gut function, lung capacity, metabolism and even enhances how your brain works. Exercise improves your sleep and mood. It relaxes your brain, reducing depression and anxiety and increases our ability to express happiness.

Making physical activity a part of your regular routine is another step towards good health.

The accepted requirements for good health are 150 minutes of moderate exercise or 75 mins of strenuous exercise per week.... or a combination of both. **Remember, the best exercise is the one you will do regularly.** Physical exercise can be anything that makes your move your body.

There are 3 types of physical activity.

Aerobic exercise benefits your heart. It's rhythmic in nature and includes any activity which raises your heartbeat that can be sustained for a period of time. Aerobic exercise uses oxygen while engaging large muscle groups.

Strength or Resistance Training increases muscle mass and improves your stamina. This type of exercise consists of short, high intensity activity and relies on energy sources that are stored in the muscles.

Stretching exercises are best for developing flexibility and muscle function which supports your strength training efforts. As we get older, we lose flexibility and mindfulness and stretching helps us to stave off that loss.

Exercise also has another benefit to your body. **MOVEMENT MATTERS.** Exercise is very helpful for improving insulin resistance because it removes glucose from the blood without involving insulin.

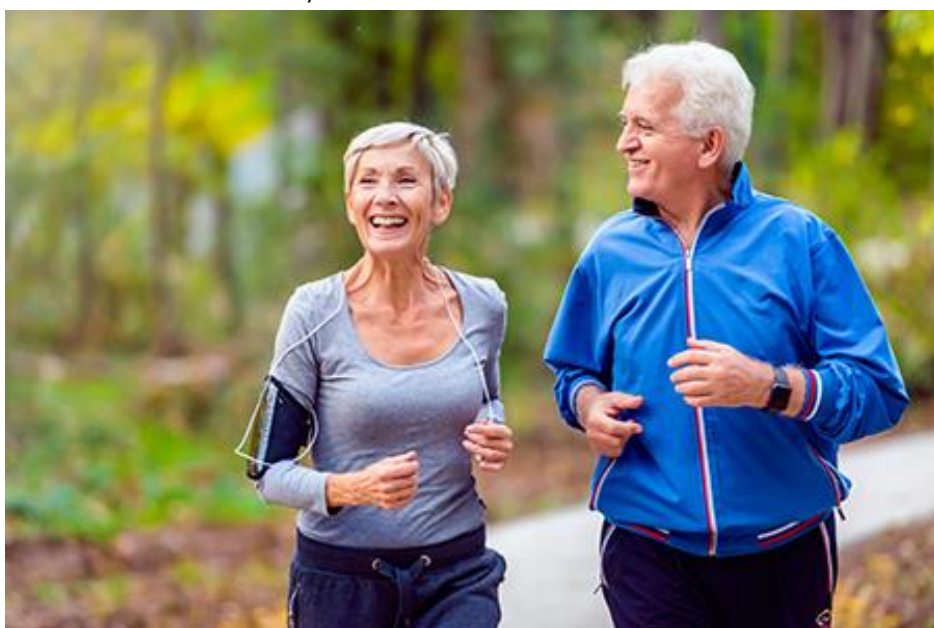
Insulin opens the doors to accompany glucose from the blood to various parts of the body such as the brain, heart, muscles and fat tissue. Our bodies rely on insulin to usher glucose from the blood into these tissues to get our levels back to normal. In fact, this clearance process is so vital that it allows the main glucose eaters, our muscles, to get the glucose for themselves.

To move our body, we must contract and flex our muscles. As the muscles contract, they are able to take in glucose from the blood without using insulin. Moving also improves your insulin sensitivity.

If you have glucose issues, as so many of us do as we get older, your body has no way of reducing your insulin levels without either medication or reducing dietary carbohydrates. However, if you like eating carbs, exercise should be your new best friend. It won't solve all blood glucose problems, but it will certainly help and you'll feel better in the process.

Exercise should be enjoyable, not a chore, so find something which suits you. Start small until you feel well enough to increase intensity and duration and ultimately dedicate 30 mins, five days a week to it. Your body will thank you.

Next time we'll talk about Time Restricted Eating and how it will change your life.....



# BIRTHDAYS SENIORS GROUPS



We celebrated the birthdays that occurred between January and April 2021 on Friday 14th May, with our Italian community.

Lunch was held at Kingsgrove RSL and the delicious Italian cakes were made by one of our very talented clients. There was also a cake made for Ms Nelson, our aged care coordinator who celebrated her birthday in April.

# ONE CALL AWAY, FROM SUNRISE TO SUNSET

**A telephone support service for housebound seniors who feel isolated, provided by the Kingsgrove Community Aid Centre Inc.**

*This project is supported by Kingsgrove RSL, EBP RSL & Bexley RSL through the CDSE Clubs Grants program.*

**Are you lonely?**

**Do you need someone to talk to?**

**You are not alone, we are here to listen.**

**Call the Kingsgrove Community Aid Centre from 6am sunrise to 6pm sunset.**

**We are just one call away!**

**9150 7823 or 0402 443 763 after hours**



[www.kcac.org.au](http://www.kcac.org.au)

Kingsgrove Community Aid Centre Inc, 30 Morgan St Kingsgrove 2208, 9150 7823



## KCAC MENTAL HEALTH SUPPORT FOR STRUGGLING MUMS

# POPPY PLAYGROUP

*PARENTS OPPORTUNITY TO PARTICIPATE IN PLAY WITH THEIR YOUNG*  
 A FREE SUPPORTED PLAYGROUP FOR MOTHERS AND THEIR CHILDREN



POPPY is a FREE supported playgroup run by the Kingsgrove Community Aid Centre in partnership with Stride and supported by South Eastern Sydney Local Health District. It is led by qualified facilitators and specifically for mothers who are experiencing emotional distress or mental health challenges. The playgroup is open to mothers from all areas, however priority is given to those residing in the St George area.

Meet other mums, share your experiences, learn to have fun with your children in a safe and welcoming environment.  
 A healthy morning tea is provided.

Mondays, 10.30am till 12.30 pm

Kingsgrove Community Aid Centre, 30 Morgan St Kingsgrove.

For more information contact 9150 7823 or drop into the centre.

Mon – Fri 9am-4pm or Email us on: [admin@kcac.org.au](mailto:admin@kcac.org.au)

*This program is funded by the Department of Family & Community Services TEIP program.*

If you feel you are not coping with the world you are  
**welcome** here • 欢迎 • dobrodošli • أهلا بك

**STRIDE** For better  
 mental health



KINGSGROVE COMMUNITY  
 AID CENTRE INC.



Health  
 South Eastern Sydney  
 Local Health District

## UP & COMING EVENTS

### Kingsgrove Community Aid Centre Inc

#### Community Engagement Event - Engaging People with Disabilities



A guest speaker from Walkabout Reptiles will be joining us to give an educational presentation for our Community Engagement Event, fostering mutual respect for wildlife, the environment & each other. This event will bring together people with disability, young children, their parents & nature to celebrate the end of our successful KCAC MUSTER Program for 2021.

**Wednesday 9th June 2021**

11am till 12pm

at 30 Morgan St, Kingsgrove

Limited places available due to covid. Light refreshments will be provided on the day. (Individual Servings. Covid Safe environment)

For more information and to reserve your place, please call Michelle Daniels or Rose Caltabiano on 9150 7823.

This program is provided with the support of the Department of Social Services MUSTER PROGRAM.  
KCAC acknowledges the support of Georges River Council for the use of the venue at 30 Morgan St Kingsgrove.



[www.kcac.org.au](http://www.kcac.org.au)

Kingsgrove Community Aid Centre Inc, 30 Morgan St Kingsgrove 2208, 9150 7823



### Kingsgrove Community Aid Centre Inc

#### Information session - Speech Development in children



Information session on Speech Development in Children  
Provided by Kingsgrove Community Aid Centre.  
Guest speaker from TLC Speech Pathology Earwood

**Friday 11th June 2021**

Time: 11am till 12pm

Kingsgrove Community Aid Centre

30 Morgan St, Kingsgrove

Cost: Gold coin donation

Light refreshments will be provided on the day.  
(Individual Servings. Covid Safe environment)

RSVP to Rachel via text message on 0449 556 138  
by Thursday 10th June 2021

This program is provided with the support of the Department of Family & Community Services TEIP Program.  
KCAC acknowledges the support of Georges River Council for the use of the venue at 30 Morgan St Kingsgrove.



[www.kcac.org.au](http://www.kcac.org.au)

Kingsgrove Community Aid Centre Inc, 30 Morgan St Kingsgrove 2208, 9150 7823



# UP & COMING EVENTS

## Kingsgrove Community Aid Centre Inc.

is hosting a  
special guest visit by

### *Kris's Feathered Friends* Wednesday 18th August 2021

Time: 10.30am  
Venue: 30 Morgan St, Kingsgrove  
Cost: FREE

Come along and meet Kriszy and her beautiful feathered friends at the Kingsgrove Community Aid Centre.

Registration is essential. Limited places available for Covid Safety.  
To register or for more information please call  
9150 7823 by the 1st July 2021.



#### Kris's Feathered Friends

Kriszy and her display of spectacular birds is sponsored by Southern Cross Funeral Directors.

Southern Cross  
Funeral Directors



[www.kcac.org.au](http://www.kcac.org.au)

Kingsgrove Community Aid Centre Inc, 30 Morgan St Kingsgrove 2208, 9150 7823



## Kingsgrove Community Aid Centre Inc Presenting the 'Stepping On Program'



Kingsgrove Community Aid Centre, in conjunction with the South Eastern Sydney Local Health District is presenting the 'Stepping On Program' A community-based program for older people. Building Confidence & Reducing Falls.

The **Stepping On** program incorporates a group setting plus individualized follow-up. It covers a range of issues, including falls and risk, strength and balance exercises, home hazards, safe footwear, vision and falls, safety in public places, community mobility, coping after a fall, and understanding how to initiate a medication review. **This program runs for 7 weeks.**

**Starting Thursday 22nd July 2021**

then each Thursday for 6 weeks including 29/7, 5/8, 12/8, 19/8, 26/8 & 2/9

Between 12 and 2pm at 30 Morgan St, Kingsgrove.

Light refreshments will be provided on the day. (Individual Servings in a Covid Safe environment)

For more information please call Michelle Daniels on 9150 7823.



This program is provided with the support of the Stepping On Program  
KCAC acknowledges the support of Georges River Council for the use of the venue at 30 Morgan St Kingsgrove.

Stepping  
On



[www.kcac.org.au](http://www.kcac.org.au)

Kingsgrove Community Aid Centre Inc, 30 Morgan St Kingsgrove 2208, 9150 7823



# KCAC INC. SERVICES

## ALLIED HEALTH PODIATRY TOENAIL CUTTING SERVICES FOR SENIORS



Kingsgrove Community Aid Centre offers a subsidised Podiatry Service to people who are Frail Aged over the age of 65 or younger disabled living in the St George area and parts of the Canterbury area.

The Domiciliary Podiatry is available on Monday, Tuesday, Wednesday, Thursday & Friday between the hours of 9.30am - 4.00pm

The Centre Based Clinic is offered on Wednesday's between 12.30pm and 2.45pm at the Kingsgrove Community Aid Centre, 30 Morgan Street, Kingsgrove.

Appointments are essential and can be made by phoning the Centre on (02) 9150 - 7823 Mon - Thurs 9am-4pm

Registration through My Aged Care is essential. We can help you with this.

FEES: Fees are applicable. Please call the Kingsgrove Community Aid Centre on 91507823 for fees and charges.

For More Information please don't hesitate to contact us on the above number or Email us on: admin@kcac.org.au

This program is provided under the Commonwealth Home Support Program (CHSP) funding. Kingsgrove Community Aid Centre Inc. uses person centred care as well as wellness and reablement approaches to deliver support to older people.



[www.kcac.org.au](http://www.kcac.org.au)

Kingsgrove Community Aid Centre Inc,  
30 Morgan St Kingsgrove 2208 ph: 9150 7823



## SOCIAL SUPPORT GROUPS

FOR SENIORS 65 & OVER  
PROVIDED BY THE KINGSGROVE COMMUNITY AID CENTRE INC



Join one of our Seniors Social Support Groups for people 65 & over. Enjoy morning tea with friends, bus outings & excursions to places of interest and much more.

When: Tuesday's, Wednesday's & Thursday's between 9am & 4pm.

Where: Pick up from & returned to your home

Registration through My Aged Care is essential.

Call them on 1800 200 422. We can help you with this.

For more information please contact Ms Nelson for on 91507823 or Email us on: cbdc@kcac.org.au

This program is provided under the Commonwealth Home Support Program (CHSP) funding. Kingsgrove Community Aid Centre Inc applies person centred care and the wellness and reablement approach in the delivery of care to older people.



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Kingsgrove Community Aid Centre Inc,  
30 Morgan St Kingsgrove 2208, 9150 7823



## FIRST AID COURSE FOR PARENTS AT KINGSGROVE COMMUNITY AID CENTRE INC



medilife

Kingsgrove Community Aid Centre runs a fully accredited First Aid Course for the Parents and Carers of babies and young children.

The course runs every month over two days from 10:00am - 2:00pm, refreshments are provided & babies are welcome to attend with their carer.

Course costs \$75 and has been heavily subsidised by Kingsgrove Community Aid Centre.

Venue: Kingsgrove Community Aid Centre, 30 Morgan St, Kingsgrove

For information and bookings please contact Rachel Ph: 9150 7823

This program is funded by the Department of Family & Community Services TEIP program.



[www.kcac.org.au](http://www.kcac.org.au)

Kingsgrove Community Aid Centre Inc  
30 Morgan St Kingsgrove 2208, ph:9150 7823



## GENTLE EXERCISE CLASSES FOR SENIORS OVER 65 PROVIDED BY KCAC INC.



Provided over 2 sessions due to Covid restrictions on Thursday  
starting 11th February - 15th April 2021

Session 1: 9.30am till 10.30 - payments needed in advance

Session 2: 10.30am till 11.30am - flexible payment option

Place: Kingsgrove Community Aid Centre, 30 Morgan St Kingsgrove.

Booking is Essential. A small fee is applicable.

Please bring your own water bottle and face towel.

For more information please contact Ms Nelson for on 91507823 or Email us on: cbdc@kcac.org.au

This program is provided under the Commonwealth Home Support Program (CHSP). KCAC Inc applies person centred care and the wellness and reablement approach in the delivery of care to older people.



[www.kcac.org.au](http://www.kcac.org.au)

Kingsgrove Community Aid Centre Inc,  
30 Morgan St Kingsgrove 2208, 9150 7823





## KCAC INC. MUSTER PROGRAM

### KCAC MUSTER PROGRAM

Mutual Understanding Support Tolerance Education & Respect (MUSTER)

#### Counselling & Case Management

- 'One on one' Mental Health Counselling
- 'Face to face' Case Management & Assistance in negotiating available support through avenues such as Centerlink, Department of Housing, etc.
- Information Sessions
- Multicultural Festivals, Events & Theme Days
- CALD Group Activities that foster community engagement
- Support Groups for vulnerable families & children across all cultural backgrounds.
- E-Newsletters, sharing helpful information & support with vulnerable families and CALD communities online.



KINGSGROVE COMMUNITY AID CENTRE INC.

**Call us today on 9150 7823**

## KCAC INC. DISABILITY SUPPORT

### KCAC INC. DISABILITY SERVICES

Giving you Life skills to help you stay engaged and independent.

#### Group Based Recreational Activities

- Art & Craft
- Cooking
- Music
- Dancing
- Exercise classes
- Bingo
- Gardening
- Excursions
- Podiatry
- Information Sessions



It's up to you how you would like to get involved or what you would like to learn.

*Learn daily living skills, meet new people, feel more connected to your community & have fun in a safe, accessible environment!*

**Call us today on 9150 7823**



KINGSGROVE COMMUNITY AID CENTRE INC.

[kcac.org.au](http://kcac.org.au)



NOW ENROLLING AT HURSTILLE OSHC

# HURSTVILLE OUT OF SCHOOL HOURS CARE PROVIDED BY KCAC INC.

CALL US TODAY! 9150 7823 OR 0418 481 358



Out Of School Hours Care provided at:  
Hurstville Public School Forest Road  
Hurstville 2220 (on School site)

We cater for children Kindergarten to Year 6.

Before & After School Care Hours:

- BEFORE SCHOOL CARE – 7am to 9am
- AFTER SCHOOL CARE—3pm to 6pm

Vacation Care Hours:

- SCHOOL HOLIDAYS—7am to 6pm

A variety of craft, cooking, fun games and excursions are just a small part of the activities offered at Vacation Care.

Vacation Care enrolment forms and event programs will be available 3 to 4 weeks prior to commencement of school holidays at the Care Centre and on our website. (kcac.org.au)

Hurstville OOSH provides a Homework Help program each week as well as a program for children with special needs.

Vacation Care Transport:

Private Bus or Walk to nearby/ local venues.

Fees & Charges:

For Fees and Charges please contact the Kingsgrove Community Aid Centre on 91507823 or call Katina on 0418481358

Email: hoosh@kcac.org.au

The Before, After School & Vacation Care program at Hurstville Public School is provided & run by the Kingsgrove Community Aid Centre Inc.

As we are a registered and accredited service, Childcare Subsidy is available through Centrelink.

**NATIONAL QUALITY FRAMEWORK (NQF) RATING - MEETING IN ALL 7 QUALITY AREAS**



KINGSGROVE COMMUNITY AID CENTRE INC.

[www.kcac.org.au](http://www.kcac.org.au)

Kingsgrove Community Aid Centre Inc 30 Morgan St Kingsgrove 2208



# KCAC COMMUNITY ANNOUNCEMENTS



The Beatles, The Rolling Stones, Elvis Presley, Jimmy Barnes, Elton John, ABBA, Dusty Springfield, Billy Joel

All the hits from the 60's & 70's

PROUD SUPPORTER OF THE KINGSGROVE COMMUNITY AID CENTRE INC.

*A Big Happy Birthday to Gurmeed, our Aged Care Coordinator who celebrated her birthday in April 2021.*

*Lots of happy wishes to you from all of us at KCAC xoxo.*



Would you like to donate to us and the community work

It's easy, just go to [kcac.org.au](http://kcac.org.au) and click on the donate button.

All donations over \$2 are tax deductible.

Thank you for supporting the Kingsgrove Community Aid Centre Inc.



# Guardian understands every goodbye is different.



Tas Aronis JP  
Funeral Director

Saying goodbye to a loved one can be a daunting and emotional time and no-one understands this better than Guardian Funerals.

Whatever your needs, our funeral home will help you make a service that is heartfelt, memorable and tailored to the life of your loved one.

With more than 20 funeral homes across Sydney, Guardian Funeral providers are local to you.

Every funeral is different, because every goodbye is different.

388 Forest Rd, Hurstville 2220 - 9580 1554



**GUARDIAN FUNERALS**  
INCORPORATING J&C HARDY FUNERALS

[guardianfunerals.com.au](http://guardianfunerals.com.au)

[facebook.com/GuardianFunerals](https://facebook.com/GuardianFunerals)

Proudly Australian | 24 Hours | All Areas | Prepaid Funerals

**PROUD SUPPORTER OF THE KINGSGROVE COMMUNITY AID CENTRE**